

# RUN SUP RUN COURSE

**SCHEDULE**  
Sunday 8AM - 9AM

**BEACH  
RUN  
START**

**BOARD  
STAGING  
AREA**

**FINISH**

**SUP COURSE**  
ALL SUPs need to stay within this zone at all times.

**TO FINISH LINE**

## Map key



H2O - water



Gatorade



Refreshments



Medical Aid



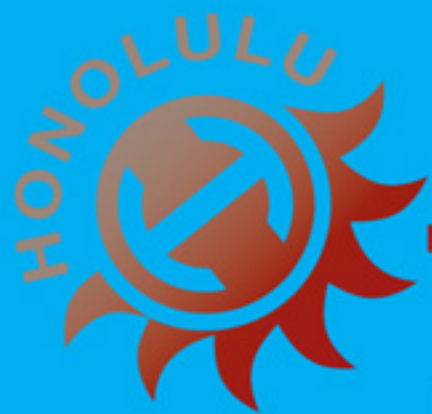
Restrooms

Timing Mat

(Athletes must cross ALL timing mats including mid-course timing mats)



Finisher Medal



**CVSTOS**  
THE TIME KEEPER

**TRIATHLON**

International Festival of Sports